GEOGRAPHIC NEWS BULLETINS

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Contents for Week of December 19, 1938. Vol. XVII. No. 24.

1. Christmas Candles Brighten Old Customs, Old Business
2. St. Lucia—Hit by Disaster—Was Battleground for Centuries
3. The Humble Herring Has New Fisherman's Luck
4. New Status for Italy's North African Provinces
5. St. Lawrence Eskimos Reduce High Cost of Wooing

NOTE TO TEACHERS—Because of the Christmas and the New Year's holidays, the GEOGRAPHIC NEWS BULLETINS will not be published during the next two weeks. The BULLETINS will be resumed Monday, January 9, 1939.

Photograph by Dr. David Fairchild

IN ST. LUCIA "UMBRELLAS" GROW ON TREES

Sharing the tropical luxuriance of green West Indies islets, little St. Lucia includes among its botanical giants the *Cocoloba pubescens.* A single one of its three-foot leaves is an emergency shelter against sudden downpours and dazzling sun (Bulletin No. 2).

HOW TEACHERS MAY OBTAIN THE BULLETINS

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Christmas Candles Brighten Old Customs, Old Business

ALREADY the white-robed Lucias of Sweden, wearing with cautious steadiness their crown of burning candles, have ushered the Christmas season in at dawn on St. Lucia's day (December 13) with their candle-lighted trays of coffee and Lucia-cat buns. Already (December 16) have pious children of Mexico started the nine nightly candle-carrying processions, with figurines of Mary and Joseph, on their pre-Christmas tour of *posadas* (inns) before stopping in the Christmas Eve stable. Already all four candles of the Advent wreath—one flame added for each successive Sunday of the month before Christmas—have been lighted by those who are loyal to the old German tradition.

These advance glimmers are now to be followed by Christmas candles. There will be battalions of fluted wax ones in tin holders on the tips of Christmas tree branches. Instead of a tree, Scandinavian homes will have three rows of candles on three fir branches, which signify the Holy Trinity if not some older pagan deity of winter.

Special Church Service for Candles

In old houses around Boston Common, a single candle will glow in each window. In Irish glens of County Antrim and County Derry, householders will light a Christmas Eve candle to burn all night near the door, in remembrance of the mother Mary to whom all doors were closed when her only light was a "star in the east."

Ousted from the night's work by oil lamp, electric bulb, and neon sign, the candle is now largely a symbol. Socially, it recalls the time of minuets and polkas, when candlelight made every man a gallant and every maid a beauty. In religion the candle does its humble best to symbolize the light of the spirit—whether the black candles of the sinister spirits of voodoo, the tall white tapers banked high in cathedral dignity, the Chinese candles on lotus leaves floating down the river to light the Festival of the Departed Spirits, the rough candle guttering on the church floor among rose petals and corn before a kneeling family of Guatemalan Indians.

Each festival of the religious calendar consumes its ration of candles. A special one—Candlemas (February 2)—gives Catholic blessing to candles for church use the rest of the year. Its date coincides with the old Roman rite recalling how mother Ceres searched with lighted candles for her daughter Proserpine kidnapped by Pluto. The large Paschal (Easter) candle, symbol of resurrection, was once lighted from fresh-kindled fire after all flame had been extinguished in the neighborhood, and from it household fires throughout the parish received their new life.

Man-Sized Candles Burned as Pledge

At the Jewish feast of Purim, candles in human shape have been burned to commemorate the death of Haman and his wife.

On the occasion of some private rejoicing, a pious European of the 12th or 13th century might pledge his height in candles to a favorite saint, giving either a single taper of human stature or the equivalent inches in smaller ones. One of the largest candles on record is a memorial, in New York City, to the singer Caruso; it stands eighteen feet high.

But doubtless the foremost candle-day of the year is Christmas. An Alsatian legend of the origin of this association is that St. Florentine hung burning tapers on a fir tree to restore the glitter of melted icicles. In addition to the Christmas

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© *Fox Photos*

THE FISHING FLEET, GUNWALE TO GUNWALE, SHOWS HOW MEN IN "SCHOOLS" FOLLOW THE HERRING SCHOOLS

From Ireland around the northern end of Scotland and down the east coast of England, and from spring to fall, some 1,000 little ships carry men in the wake of migrating herring. Rich feeding and spawning grounds in the North Sea have made Great Yarmouth and Lowestoft world-famous fishing ports on England's east coast. At dawn the Yarmouth fleet streams out to spread nets in the surrounding sea waters, and in the evening it pours back in a compact parade (Bulletin No. 3).

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St. Lucia—Hit by Disaster—Was Battleground for Centuries

A DISASTROUS mountain slide on the little island of St. Lucia, in the British West Indies, reminds the world that nature, like man, makes headlines with bad news. In this case the island's hillsides were reported recently to have cracked open—as a result of either volcanic eruption or prolonged rains—burying scores of people in the tons of earth that crashed into the valleys.

A pear-shaped dab of land in the curving island-chain that dots-and-dashes the seas between the Americas, St. Lucia itself was created by volcanic action. Scenically it is among the handsomest of the West Indies, with its great mass of mountains, about whose summits drifts a gentle mantle of mist that belies St. Lucia's often violent history.

Believed to have been discovered by Columbus in 1502, and named for the martyred St. Lucy, burned at the stake, St. Lucia was for centuries drenched in blood. The first two English settlements of 1605 and 1638 were wiped out by Carib natives. French colonists were able to make peace with the natives, but not with the English, who returned in 1663 and again took the island.

Home of Dreaded Fer-de-Lance

From then on until St. Lucia was finally ceded to the British, in 1814, England and France fought for possession of this spot of land little more than 230 square miles in area. In one short period of only 21 years, the territory changed hands six times.

To this day, a strong French flavor lingers, and many of the islanders (numbering about 66,000, largely Negroes) speak a French dialect, although English is gradually replacing it.

Hardly less deadly than the wars that rocked the island for so long were its former hordes of reptiles. St. Lucia has been described as having two killers to contend with—its climate and the dreaded fer-de-lance, a six- or seven-foot snake that often strikes without warning, and for whose bite no cure is certain.

Today, however, both enemies are well under control, since unhealthful climate is mostly limited to marshy lowlands, and a checkmate for the reptile has been found in the East Indian mongoose, an imported natural foe which has greatly reduced the ranks of the fer-de-lance.

Rivals Spice Islands of Far East

On the credit side of the ledger, St. Lucia is a land of medicinal springs, of deep, rich soil, and a wealth of good timber blanketing its high hills.

Though much of the island is untilled, a spectacular variety of spices, fruits, flowers, and vegetables grows lushly, both wild and under cultivation. If wages are low—agricultural workers receiving as little as 20 cents a day—the cost of living is also cheap. Food is so plentiful that pets are fed on such royal fare as alligator pear and lobster. Under the warm, tropical sun nature's fruits fairly leap from the earth with a minimum of effort on the part of the farmer.

Chief products of the island are bananas, sugar, copra (dried coconut meat), limes, cacao, nutmegs, and logwood.

In the aromatic market places one finds a profusion of cloves, nutmegs, ginger, guavas, mangoes, oranges, breadfruit, yams. There are pigs, chickens, and lambs, along with eels, lobsters, and queer-looking spiny fish. Among strange and exotic vegetables is one new root-product, called "lleren," recently introduced from St.

UMI

tree, a good companion of the candle is the Yule log. In Adriatic countries the Christmas log is dragged to the hearth by ceremonial candlelight. And English tradition prescribes that the Yule log should be kindled with flame from a candle saved from the previous Christmas. The fat Yule candle presented to best customers by grocers and candle-makers of Old England burned nightly until Twelfth Night festivities proclaimed an end of the Christmas season.

Was Powerful Business Factor in Early U. S.

Primitive candles were dried rushes dipped in tallow, smelly and smoky. Before the Dark Ages set in in Europe, the Chinese had learned to use insect wax and vegetable tallow from the nuts of the tallow tree for the red, green, or white candles with which they honored their ancestors. The bee was the fashionable candle-maker for Europe after beeswax was adopted officially by churchmen.

Candle-making was one of the half-dozen manufacturing efforts protected by the first tariff law of the new United States. Merchants brought tallow from Russia to make candles for a trade that served the West Indies as well as the United States. It was to make cotton candle wicks that a cotton spinning mill near Providence, Rhode Island, developed into the first successful example of the United States machine age to come.

Note: Pictures showing the various types and uses of candles are found in "Tristan da Cunha, Isles of Contentment," *National Geographic Magazine*, November, 1938; "The Rise and Fall of Nanking," February, 1938; "A Mexican Land of Lakes and Lacquers," May, 1937; "The Restoration of Colonial Williamsburg," April, 1937; "Guatemala Interlude," October, 1936; "New Greece, the Centenarian, Forges Ahead," December, 1930; "A 15th Century English Manor House," May, 1928; "The Grand Duchy of Luxemburg," November, 1924; and "Cathedrals of the Old and New World," July, 1922.

Bulletin No. 1, December 19, 1938.

Photograph by Helene Fischer

CROUCHING AMONG CANDLES IN THE GRAVEYARD, MEXICAN WOMEN INVOKE THE DEAD

In the town of Pátzcuaro west of Mexico City, women and children of the Tarascan Indian tribe visit the graveyard at midnight in hopes of communing with dead ancestors. Beforehand, the Pátzcuaro market has done a thriving business in gifts for the spirits—sheaves of white candles, bread, candy, flowers, fruit, and roast duck. Candles at midnight were also a feature of the English Hallowe'en in Lancashire, when a lighted taper was protection against the witches of the fells—if a witch didn't blow the candle out.

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The Humble Herring Has New Fisherman's Luck

THE usual hazards of herring fishing have been increased by an economic problem: disposing of the fish after catching them. Getting the fish on the market in parts of England became as difficult as getting them out of the sea, and as a result the Herring Board has stepped in. When a fleet of 160 fishing smacks sailed into Lowestoft two days in succession with full catches, they were forbidden to go fishing the following day, to prevent glutting the market.

Another measure adopted to help the market is the opening in London of a chain of herring bars, which serve fresh, pickled, and red herring, soft and hard roes, kippers and bloaters, grilled, stuffed, poached, and deviled herrings.

With more variety than a vaudeville show, King Herring is man's most important single food fish. Herring fisheries support men and women around the world. They contribute to other industries as well—in the form of fertilizer, oils, and a shiny substance from the scales used in making pearls.

Fish for English "Beefeaters"

The spawning and feeding grounds of the herring have dictated the location and growth of many cities, such as Amsterdam, The Netherlands. Through international disputes and other problems, the herring has affected the destiny of nations, even the United States. The very words, "red herring," have come to have less gastronomic than political and literary meaning as a "distraction" or "side issue."

Important in nearly every country with extensive fisheries, the herring genus, *Clupea*, numbers some 200 members, including the shad, alewife, and sardine. It is especially abundant in northern waters, from which Great Britain alone takes hundreds of thousands of tons annually.

Since 1935, however, British exports have dropped nearly 20 per cent. So the beefeating Englishman is now being urged to support another home industry by consuming more of his own great herring catch.

Great Yarmouth and Lowestoft, on the North Sea, have long been world-important centers of the herring trade. It was at Yarmouth that nurse Peggotty told David Copperfield, in Dickens' book of that name, that she was "proud to call herself a Yarmouth bloater." Today, this famous dish, prepared whole, slightly salted and smoked, is still an important specialty of the town, together with kippered, red, and other herring varieties.

True "Red Herring" Is Browned by Smoke

Red herring, a special grade of heavily salted fish, gets its rich brown color from long smoking; while kippers, first gutted and then lightly salted, are cured for 12 hours over a smouldering fire of oak chips. Canned in oil and shipped over the world, kippered herring is a familiar breakfast dish from Stockholm to Cape Horn, from New York to Hong Kong. It has recently come into popular use also as a cocktail appetizer and as a midnight "snack."

A less tasty imitator of the true kipper is the "painted lady," an ordinary split and salted herring, harmlessly dyed to resemble the golden brown of the genuine article.

In more important deceptions, disputes, and even wars, herring fisheries have played an historic role.

The overthrow of Charles I of England has been laid partly to this industry—following his interference with the free fishing rights of his own subjects, as well as high taxes he imposed on English fishermen for a navy to destroy the great Dutch herring trade of the time.

Amsterdam "Built" on Herring Bones

Holland's vast foreign trade of several centuries ago was built on the herring industry; her navy included many herring fishermen, and there was a saying that "the foundations of Amsterdam were laid on herring bones."

In American history, as a result of different interpretations of the treaty signed between this country and England more than a hundred years ago, the right of United States herring fishermen to operate in Canadian waters was long a matter of dispute.

Herring fleets in various countries have given war-time service, as in the World War when many of Britain's fishing craft were on patrol or mine-sweeping duty.

Even a battle was named after this fish. During the Hundred Years' War, in the siege of Orleans, then held by the French, the English attempted to transport a Lenten diet of herring to their soldiers. The French intercepted the supply train, but lost the fight, now known as the "Battle of the Herrings."

Useful as the herring is in human diet, it is still more valuable in nature as a food source

UMI

Lucia to Uncle Sam's tables by an American plant explorer. Its tubers, or fruits, baked like potatoes and served hot, were found to be delicious.

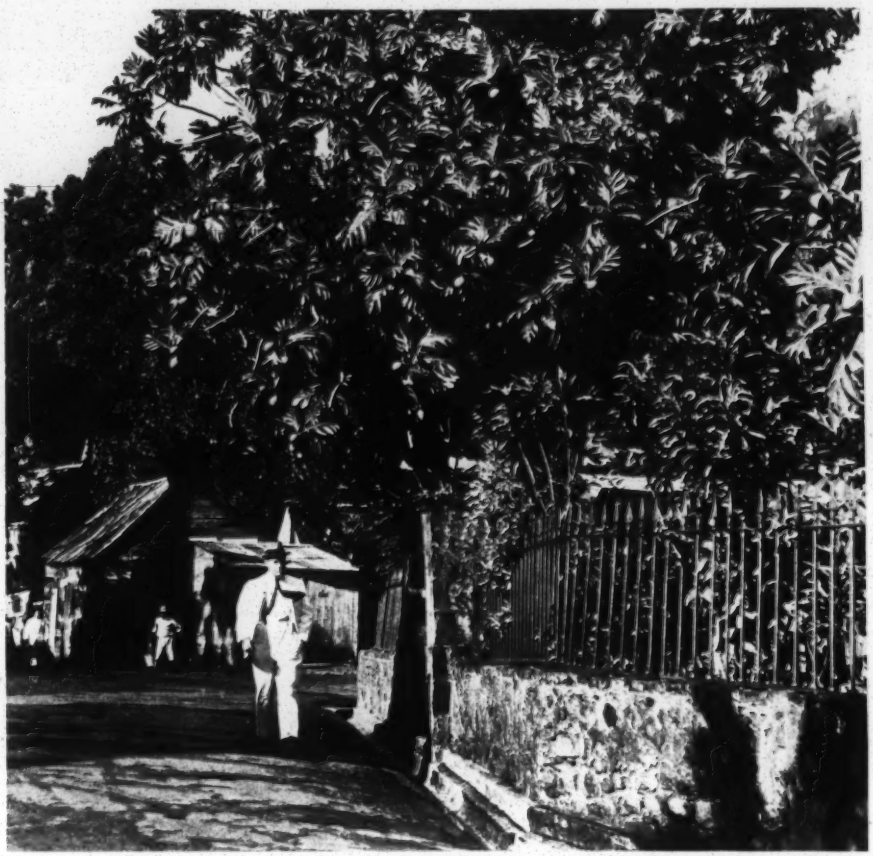
A familiar sight to visitors at the port and capital of Castries is the parade of black women stevedores, with great bunches of bananas on their heads.

Back in the days before oil drove ships through the seas, St. Lucia was the chief coaling station for the West Indies British fleet. Like the Japanese workers at Nagasaki, the women of St. Lucia used to haul coal aboard, carrying baskets weighing more than 100 pounds each.

As a British Naval Station, Castries was early fortified, and is still counted one of the best defense spots in this part of the world. Its chief asset today is a beautiful landlocked harbor.

Note: Other illustrations and information about St. Lucia will be found in "Hunting Useful Plants in the Caribbean," *National Geographic Magazine*, December, 1934; "Skypaths Through Latin America," January, 1931; and "The Haunts of the Caribbean Corsairs," February, 1922.

See also in the GEOGRAPHIC NEWS BULLETINS: "Rikki-tikki-tavi," week of May 6, 1935.



Photograph by Jacob Gayer

BREADFRUIT IS TROPICAL MANNA SUSPENDED FROM THE SKIES

More like buns than loaves hang ovals of the fruit which West Indies plantation owners imported from Tahiti with the hope that it would cut their bakery bill. Slaves, however, did not like this substitute for bread, and flour continued to be a big item on the list of Caribbean imports. The fruit tastes more like white potato than bread. The breadfruit was brought over by Lieutenant Bligh, remembered more for his misfortune with mutiny on the *Bounty* than for his success as a scientific importer of plants. This tree stands in Castries, capital of St. Lucia.

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New Status for Italy's North African Provinces

ITALY'S boot is four sizes larger, figuratively speaking. Four districts in Italy's African colony of Libia have been promoted to provincial status. Henceforth they will have the same standing as the provinces of European Italy. It was a decree of the Fascist Grand Council last month that enlarged Italy's official family.

Directly across the Mediterranean from Italy and nearest unit of her North African empire, Libia's four districts are Tripoli, Misurata, Bengasi, and Derna, plus a vast "military" region in the south. These districts, now provinces, have an area nearly six times the size of Italy, with a population about one-fiftieth as large. Of the estimated 900,000 people who live in Libia, only one out of every eleven is a European.

Both a Seaside Garden and an Inland Desert

Although Libia has been called the "Desert Colony," held to be more expensive than profitable to Italian taxpayers, its Mediterranean border contains some of North Africa's most fertile soil. Dates, olives, and oranges thrive there.

Farther inland is the "steppe," or plateau, region, favorable for pasture, vineyards, fields of such cereals as barley and wheat, orchards of almond, olive, and mulberry trees—and the castor oil plant.

Since beyond lies the sub-desert, merging into a hostile, dry-land sea of sand and rock, with only an occasional fertile island, most of the Italian colonization has taken place in and near the coastal plains and plateaus.

The four provinces now changing status are in the Mediterranean coastal zone which extends inland less than one-third of the distance to the southern boundary. Yet they hold some 95 per cent of Libia's population. It is in these districts, according to news dispatches, that Italy is planning a speed-up program of new settlers, irrigation, and other construction work. Many colonists are already taking over their new homes.

Scene of U. S. War on Pirates of Tripoli

In the quarter of a century since Italy took Libia after a war with Turkey, much money, time, and energy have been spent in its development. It has been estimated that the conquest cost Italians a billion dollars and the lives of a hundred thousand men. Both inland and near the coast, irrigation projects are under construction to bring fertility to the land once known as the "granary" of ancient Rome. Old harbors have been restored and new ones created. Building booms have changed the faces of many Libian cities. Stock raising, fisheries, and new industries have been promoted.

On the map an extensive network of communications shows how modern roads now link northern centers, and how some of them extend deep into the less populated south. There they supplement caravan trails which also are being improved. Last year a motor route along the coast, stretching more than a thousand miles between Tunisian and Egyptian frontiers, was officially opened.

Daily air service is maintained from Rome to the Libian port of Tripoli, with less frequent flights connecting other coastal towns. Military airports are spaced along the entire Mediterranean seaboard.

In spite of all its recent modernization, however, Libia still is a land of mosques and minarets, caravan routes and camels. Some 50,000 camels continue to haul

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for such sea creatures as the cod, haddock, the mackerel, the seal and some whales, as well as for birds like the gull and gannet.

In fact, it has been estimated that the annual billions of herring which man takes from the sea is not more than five per cent of the total destruction wrought by that fish's natural enemies.

Yet King Herring shows no signs of becoming extinct like the dinosaur, nor even of growing scarcer. Since it is by nature a pacifist, the answer lies neither in offensive nor defensive powers, but in sheer abundance. So prolific is the herring, scientists estimate, that a single pair—if it were possible for them to set up housekeeping and produce successive generations of offspring unmolested for ten years—would, at the end of that short period, overrun the earth, fill in the oceans, seas and rivers, and crowd the rest of the world's inhabitants off the globe!

Note: For a complete account of the herring industry, see "When the Herring Fleet Comes to Great Yarmouth," *National Geographic Magazine*, August, 1934.

Additional facts and photographs about herring are found in "The Isle of Man," May, 1937; "Maine, the Outpost State," May, 1935; "Between the Heather and the North Sea," February, 1933; "Renascent Germany," December, 1928; "Iceland, the Island of the Sagas," April, 1928; and "Fish and Fisheries of Our North Atlantic Seaboard," December, 1923.

Bulletin No. 3, December 19, 1938.

Photograph by W. Robert Moore

IT'S WOMEN'S WORK AFTER MEN BRING THE HERRING ASHORE

The familiar salt herring on ice in the fish market or flattened out on a plate begins its last voyage salted down in a barrel. In Great Yarmouth a team of three girls can pack four barrels an hour. After a few days of drying, the barrelful of fish has shrunk and must be topped by another layer. Here the women in rubber boots and aprons, sweaters and bright kerchiefs, are shown adding the final layer of herring. The workers' fingers are heavily bandaged as a precaution against salt.

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St. Lawrence Eskimos Reduce High Cost of Wooing

IT WASN'T the upkeep of a wife, but the initial cost that brought complaints from Eskimo youth on one of Uncle Sam's far-north island possessions. St. Lawrence Island, 100 miles off the Alaskan coast in the Bering Sea, now has a new marriage law whereby suitors need work for prospective fathers-in-law only one year, instead of four, before claiming their brides.

Furthermore, selecting a mate is no longer to be a family affair, but one in which young people may make their own choice.

Change comes slowly to this remote outpost of America. In the Bering Sea, up near the Arctic Ocean, and only 40 miles from the bleak shores of Eastern Siberia, St. Lawrence Island is a spot of land seldom visited.

Uncle Sam Sends Teachers

As a Government Reservation, about 100 miles long and averaging 20 miles across, this island rates four school teachers and a nurse, provided by the U. S. Bureau of Indian Affairs in the interest of the A.B.C.'s of health and knowledge.

Under a simple form of local rule, supervised by the U. S. Coast Guard, native boards are elected in the main villages to run cooperative stores, set prices, give credit in bad times, and to arrange for the sale of local products. To the four or five hundred inhabitants of St. Lawrence, the main problem is making a living—hunting, fishing, and trapping—under the harsh rules of the Far North.

Summer gales, plus fog and rain, turn the Eskimo equivalent of "The Good Old Summer Time" into a melody for wind instruments, while winter weather is merely worse, with wilder storms and an Arctic ice pack that hems in the island for eight months of the year.

No Ships During Eight Winter Months

During the long winter months, no ships visit the island. Even the warm season finds only half a dozen arriving, including Coast Guard and Indian Bureau vessels, and free-lance schooners with supplies for the cooperative stores.

In recent years some of the more prominent citizens of St. Lawrence have learned to live in frame houses, sleep in beds, cook on stoves—and eat canned foods. For the most part, however, the islanders struggle along under conditions that were "good enough" for their fathers.

Climate and local raw materials continue to dictate dress styles in terms of furs and hides, with bird skins and feathers for ornament. Certain manufactured articles, however, such as house dresses, calico snow shirts, and men's denim overalls are increasingly popular.

Still used for shelter are the old Siberian type of winter huts, with dome-shaped roofs attached to layers of walrus hides, lashed to wooden framework and held to the ground by heavy rocks. The smaller and less sturdy Siberian summer house, also made of walrus hide or sealskin, but flatroofed instead of curved to deflect snow, has given way to flimsy frame buildings usually abandoned in winter.

Even the better homes of imported lumber, found at the new village of Savoonga, are plain, boxlike structures, seldom two stories high; while poorer houses may accommodate six people in a single room, the floor serving as table.

Largely meat-eaters, St. Lawrence islanders vary a diet of walrus, whale, and seal with summer rations of fish and fowl, served either boiled, dried, raw, or sour—the latter resulting from decomposition after undergound storage. A delicacy is whale blubber, and a unique side dish is made from fermented greens, frozen, sliced into shavings, mixed with seal oil and sugar, and then frozen again.

UMI

much of Libia's overland commerce, serving in addition as a source of meat when mutton is scarce, and contributing hair for making tents, ropes, and bags.

In the almost forgotten conflict of 1805 between the United States and Tripoli (now Libia), camels carried the American force which captured the Mediterranean port of Derna.

But that event was only yesterday in the long life-story of new-old Libia, which in its turbulent career has seen Greeks, Phoenicians, Romans, Vandals, Arabs, Spaniards, and Turks come and go.

Note: See also "Cirenaica, Eastern Wing of Italian Libia," *National Geographic Magazine*, June, 1930; "Tripolitania, Where Rome Resumes Sway," August, 1925; and "Crossing the Untraversed Libyan Desert," September, 1924.

See also in the GEOGRAPHIC NEWS BULLETINS: "Italy's Colonies Dwarf the 'Boot,'" week of March 4, 1935; and "Libya 'Bores' Deeper into Africa," week of January 28, 1935.

Bulletin No. 4, December 19, 1938.

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Photograph from Keystone-Underwood

IT TAKES A DESERT SOLDIER TO CONQUER THE DESERT

A camel corps manned by turbaned Moslem desert-dwellers served Italy well in extending Libia into the Libian Desert. In an oasis of palm trees, these three musketeers of African conquest stop for tea without removing the long guns slung over their shoulders. Their equipment is an odd assortment including a modern soldier's canteen, small glasses, and a miniature tea pot.

When food is plentiful, practical Eskimo economy calls for antlike preparedness in storing supplies against the day of scarcity. Failure to follow the rules brought about the great St. Lawrence famine of 1878-79, due either to an epidemic among the islanders, or to a general spree, as some say, following the visit of a whiskey trader. In that disaster, the island lost 1,000 people, or about two-thirds of its former population which was never replaced.

Today, because of its comparatively unchanging life through centuries of occupation, St. Lawrence Island is interesting to archeologists and anthropologists. One of the most dramatic finds was a specimen of fossilized sequoia tree.

Note: Additional illustrations of Eskimos will be found in "Our Search for the Lost Aviators," *National Geographic Magazine*, August, 1938; "Ships from Dugouts to Dreadnoughts," January, 1938; "Canada's Awakening North," June, 1936; "Birds of the Northern Seas," January, 1936; "Flying Around the North Atlantic," September, 1934; "'Nakwasina' Goes North," July, 1933; "A World Inside a Mountain," September, 1931; "On MacKenzie's Trail to the Polar Sea," August, 1931; "Today on 'The Yukon Trail of 1898,'" July, 1930; "Gentlemen Adventurers of the Air," November, 1929; "The MacMillan Arctic Expedition Returns," November, 1925; "The 'Bowdoin' in North Greenland," June, 1925; and "Naturalist with MacMillan in the Arctic," March, 1926.

Bulletin No. 5, December 19, 1938.

Photograph by Amos Burg

MAIL ORDER FASHIONS INTRIGUE BELLES WHOSE FURS ARE NECESSITY, NOT STYLE

Beaded bands decorate the tops of skin boots and the borders of the fur tunics worn by Eskimo women. Fur hoods have a border of fluffy fur, frequently muskrat, on which the breath will be less likely to freeze than on a flat fur. Throughout the frozen north, styles are similar from Greenland to Alaska. Winter furs of St. Lawrence islanders resemble the outfits of these Yukon Eskimos, with variation in such details as the beaded flower pattern on the big mitten.